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MANUAL
of
WHEATLESS RECIPES

75,000,000 BUSHELS
of WHEAT MUST BE
SAVED FOR OUR BOYS
AT THE FRONT

PRICE TEN CENTS

MANUAL *of* WHEATLESS RECIPES

ISSUED BY THE FOOD BOARD
of THE WOMEN'S COMMITTEE

of

THE DANE COUNTY COUNCIL *of* DEFENSE

MRS. GEORGE FISKE
Chairman Food Conservation Committee

Prices on quantity lots on request

2 South Carroll Street
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PREFACE

The keynote of this little pamphlet of war-time recipes is *substitution*. By actual experiment during a number of months, we have found it entirely possible to live well on one-half the quantity of meat, wheat and sugar we are normally accustomed to. This is made possible by using *substitutes* and *eliminating waste*. By substituting other flours for wheat, giving a liberal allowance of eggs, fish, nuts and vegetables in place of meat, and supplanting the rich made desserts with salads, fruits, raisins, figs, etc., it is not a difficult task.

The plea is at once raised that many of these substitutes are more costly than the things we are trying to replace. This is true. At the same time, we are facing a world crisis; thousands of people are starving; our own army in France may very well suffer for lack of bread when in a single week 7,000,000 pounds of food are sunk as occurred not long ago. Isn't it up to the women of America to make a supreme effort to help meet this situation? Economize still further, but do not say we cannot use substitutes because they are too expensive. We can all save a little more on clothes, trips, theatres, and on little personal luxuries. It matters very little whether or not we are wearing a last year's gown and hat, but it will matter to all future generations if we lose this war to "make the world safe for democracy." The food question, after all, is largely in the hands of the American housewife who purveys for her household. Let us not be found wanting! This is our great opportunity and we ought to look upon it as a privilege to do our bit cheerfully and efficiently. While the strain of the crisis we are facing is so great, and we need more than ever the maximum of our strength—we should take thought for our physical well being—live on good nourishing food daintily prepared, and be willing to give a little more of our time and thought to the preparation of these unaccustomed foods. Every recipe in this little manual has been tested by some member of our committee. We do not offer anything especially new, but in the adapting of old recipes to the new conditions,

we hope to have warranted the publication of this little pamphlet. We sincerely hope it may prove useful to those who are trying to do their war bit in the kitchen.

MRS. G. C. COMSTOCK, *Chairman of War Recipes.*
MISS MARY BUNN,
MRS. F. W. MONTGOMERY,
MRS. H. L. MOSELEY,
MRS. A. G. SULLIVAN,
MRS. W. F. TAYLOR,
MRS. A. B. WINEGAR, *Committee.*

NOTE: As we are going to press the wheat situation has become so critical that we have been asked to eliminate all wheat flour from our recipes. It goes without saying that the same perfection in cooking cannot be attained with such an essential element as wheat entirely cut out. There is however an abundance of other good things to eat, and we trust the shortage of wheat is only temporary.

When the wheat situation becomes less acute the recipes containing wheat with the substitutes will be published.

BREADS AND FLOURS

The most difficult problem facing the Food Administration today is the shortage of wheat. With the constant toll of the submarine and the fact that we must save 75,000,000 bushels out of our year's reserve for our army and our allies the situation is critical. This means a more general use of substitutes or that we must let our boys in France suffer for bread. The only thing we are absolutely called upon to give up is wheat. Thousands of patriotic people have already pledged themselves to use no wheat as long as the present shortage exists, and some of our states have voluntarily given up its use. This sacrifice seems small indeed in contrast to the terrible suffering the people of the war stricken countries have been called upon to endure for nearly four years. Thousands of our boys are facing death in the trenches from the most cruel enemy the world has ever seen, that we may live on in our accustomed peace and security. Can we wemen not throw ourselves into the breach and use all our ingenuity to make substitutes do the duty of wheat for the next few months—even years if necessary? It is not an easy task to accustom ourselves to these substitute flours that are now filling our pantry shelves for the first time. We do not attempt to say that they are "just as good' according to our old standards but we can justly claim that they are equally wholesome and nourishing. As no satisfactory yeast bread has yet been made without any wheat we are giving recipes for quick breads only, which are better adapted to the use of substitute flours. One element of success in using these flours consists in sifting them together several times before using and as a rule they require a little more baking powder than wheat flour.

Altho various combinations of flours and even mashed potato has been suggested for piecrust we have so far found nothing we are willing to recommend. As the work is still more or less experimental and gives much scope for individual effort we trust someone may be able to solve the pastry problem. Left over corn bread and wheatless muffins may be dried in a slow oven, rolled and used where ordinary bread crumbs are called for.

N. B. All measurements are level unless otherwise indicated.

QUICK BREADS

Soft Corn Bread

2 cups hot boiled hominy
2 cups milk
2 eggs
1 tablespoon butter
1 cup white cornmeal
1 teaspoon salt

Mix butter with hominy. Add eggs well beaten, then milk and lastly the cornmeal. Pour the mixture, which should be the consistency of pancake batter, into a deep dish from which it should be served. Bake about one hour.

Rice Spoon Bread

⅓ cup of rice
2 cups of water
1 cup of milk
1 cup of white cornmeal
2 tablespoons corn oil
1 teaspoon salt
3 eggs

Cook rice in the 2 cups of water until thoroly done, then add milk. When boiling hot add cornmeal slowly, then butter and salt and lastly the well beaten eggs. Pour into a well buttered baking dish and bake about ½ hour.

Batter Bread Muffins

Scald 1 pint white cornmeal with 1½ cups boiling water. Add 1 teaspoon salt, 2 cups sweet milk, 1 tablespoon shortening. When cool add 2 eggs. Bake ½ hour in hot buttered irons.

Virginia Batter Bread

4 tablespoons melted shortening
1 cup boiled hominy or rice
3 eggs
4 cups milk
¾ cup white cornmeal
½ teaspoon salt

Mix in the order given and bake 1 hour. When beginning to thicken, stir occasionally. The rice may be omitted if desired.

Hominy Gems

1 cup cornmeal
¼ cup hominy
1 cup scalded milk
½ cup boiling water
2 eggs well beaten
3 tablespoons fat
2 tablespoons sugar
3 teaspoons baking powder
1 teaspoon salt
1 tablespoon cornstarch

Pour boiling water over hominy, add salt and let hominy absorb water. Add hot milk to cornmeal, sugar and butter, combine, cool. Add baking powder which has been combined with cornstarch, and stiffly beaten whites of eggs. Put in hot gem pans. (Iron ones are best.) Bake 20 minutes.

Waffles

1 cup milk
½ cup corn flour
½ cup rice flour, barley or cornstarch
2 teaspoons baking powder
2 eggs beaten separately, whites beaten and folded in last
1 tablespoon melted butter or corn oil

Cream of Rice Muffins

¾ cup corn flour
¾ cup cream of rice
1 cup milk
Bake in muffin pans 20 minutes.
2 teaspoons baking powder
1 tablespoon fat
1 teaspoon salt
1 egg

Baking Powder Biscuit

1 cup rye flour
½ cup rice flour
½ cup cornstarch
1 cup milk
2 tablespoons butter
4 teaspoons baking powder
1 teaspoon salt

Sift the flours carefully together with the salt and baking powder. Mix in the butter thoroughly. Add milk to make right consistency to handle, as cornstarch and rice flour are quite dry they absorb a little more milk than white flour. Roll out and cut in rounds. Bake in quick oven.

Baking Powder Biscuit (for Strawberry Shortcake)

½ cup rye flour
2 level tablespoons potato flour
2 level tablespoons rice flour
4 level tablespoons corn starch
good pinch of salt
4 level teaspoons baking powder
2 level tablespoons butter
⅓ cup thin cream or top milk, *good measure*
1 egg

Sift dry ingredients together 3 times, rub the butter in, add egg (beaten together) and lastly cream.

Place by tablespoons in muffin tins (large size) and bake in moderate oven 15 minutes. This recipe makes 7 muffins.

Cut strawberries in quarters and sweeten to taste, allowing them to stand 2 or 3 hours before using.

Cut biscuit open carefully with hot knife, spread ½ of biscuit with butter and place the prepared strawberries over it. Put back top of biscuit and pour remainder of strawberries on top. On top of this a tablespoon of whipped cream may be placed if desired.

Date Muffins

2 eggs
2 tablespoons butter
4 tablespoons sugar (honey can be used)
¾ cup of dates
1 cup of milk
½ cup rice flour
½ cup rye or barley flour
½ cup cornstarch
3 teaspoons baking powder
pinch of salt

Add the beaten yolks to the butter which has been creamed with the sugar or honey. Mix dry ingredients and add to the first mixture alternately with the milk. Beat well. Add the dates cut in small pieces and mix in quickly the beaten whites of the eggs. Bake in a moderately hot oven.

Nut Bread

1 cup cornmeal
1 cup rye flour
½ cup rice flour
½ cup molasses
⅓ cup sugar
2 cups sour milk
1 teaspoon soda
1 teaspoon salt
½ cup chopped nuts
½ cup seedless raisins

Bake in two bread pans about 45 minutes. This bread makes excellent sandwiches to serve with tea. Cut thin, spread with butter, but do not put slices together. Corn flour may be substituted for rye if latter is not obtainable.

Nut Bread No. 2

1 cup rye or oat flour
½ cup cornmeal
⅓ cup molasses
1 egg well beaten
1 cup milk
4 teaspoons baking powder
1 tablespoon corn oil
1 teaspoon salt
⅓ cup chopped nuts
½ cup seedless raisins

Mix flours and mix with baking powder and salt. Add the other ingredients, beat well, pour into a bread pan, let stand 10 minutes and bake 45 minutes in a moderate oven.

Steamed Brown Bread

1 cup cornmeal
1 cup corn flour
1 cup rye meal
1 cup molasses
2 cups sour milk
1 teaspoon salt
1 teaspoon soda

Fill well buttered moulds two-thirds full and steam three or four hours. Bake ½ hour in moderate oven.

Quaker Muffins

1 cup rolled oats
½ cup corn flour
1 tablespoon sugar
2 tablespoons corn oil
1 cup milk
1 egg
4 teaspoons baking powder
1 teaspoon salt

Scald the milk, pour it over the rolled oats, let it stand until cold. Sift dry ingredients together, add to the mixture, then add corn oil and well beaten egg, pour into muffin pans greased with corn oil. Bake 20 minutes in a moderate oven.

Barley Muffins

1 cup barley
⅔ cup cornmeal
1 cup milk
1 egg well beaten
2 tablespoons fat
1 tablespoon sugar
3 teaspoons baking powder
½ teaspoon salt

Mix dry ingredients together, beat the egg thoroughly, add milk then other ingredients, adding corn oil or melted fat last. Pour into hot greased muffin pans and bake 20 minutes.

Corn and Rice Muffins

½ cup cooked rice
1 cup milk
1 egg
2 tablespoons melted fat
3 teaspoons baking powder
1¼ cups white corn meal
1 tablespoon sugar
¼ teaspoon salt

Place all dry ingredients together, add the rice, then the egg beaten separately and lastly the fat. Beat together very thoroughly until perfectly smooth. Bake in moderate oven 15 to 20 minutes.

Sponge Corn Bread

¾ cup cornmeal
½ cup rice flour
1 cup sour milk
1 small teaspoon soda
1 egg and yolk of another
2 tablespoons fat
1 tablespoon sugar
1 teaspoon salt
½ cup boiled rice may be added

Bake in shallow pan 20 minutes

Corn Bread No. 2

¾ cup cornmeal
2 tablespoons rice flour
2 teaspoons baking powder
1 egg
1 tablespoon sugar
1½ tablespoons melted fat
1 cup milk
a little salt

Scald milk and pour it over the meal, make quite thin. Bake twenty minutes in shallow pan.

Hominy Rounds

3 cups boiling water
1 teaspoon salt
1 cup hominy

Cook hominy, water and salt in double boiler from one to two hours. Butter a large flat cake tin and pour in the hot hominy half an inch thick. When cold cut in rounds with biscuit cutter, dip in egg, dust lightly with bread crumbs or white corn meal and fry a delicate brown in corn oil.

Eggs or creamed meat may be served on rounds of fried hominy instead of toast.

Oatmeal Wafers

1 cup rolled oats
1 cup rice flour
milk to moisten
1 teaspoon baking powder
1 rounding tablespoon lard or butter

Sift baking powder into rice flour and mix with oats. Work lard in carefully, add just enough milk or water to moisten so that it can be handled. The best way to roll it is to put enough of the dough on an inverted cake tin to spread over the bottom, then roll it on the tin as thin as possible. Sprinkle lightly with table salt cut in squares or rounds and bake in moderate oven.

These may be served with salad or soup.

These may be used as tarts by cutting in large squares and placing jam and whipped cream on them before serving.

Bread Griddle Cakes

1 pint stale (not dried) corn corn bread crumbs
1 pint milk, scalded
1 tablespoon butter
2 eggs
1 cup rice flour
½ teaspoon salt
3 teaspoons baking powder
cold milk to thin if needed

Pour the hot milk over the crumbs, add the butter and soak over night or till the crumbs are softened. Then rub thru a strainer. Add the eggs, flour into which have been sifted the salt and baking powder, and cold milk if necessary. Bake slowly; spread with butter and sugar and serve hot.

Old Fashioned Raised Buckwheat Cakes

1 cup buckwheat
½ cup cornmeal
½ cup rye meal
pinch of salt
½ teaspoon soda
1 pint boiling water
1 cake yeast foam
2 tablespoons milk
1 tablespoon sugar

Pour boiling water over the cornmeal, when lukewarm, add buckwheat and rye meal; beat well and let rise over night. In the morning, take out all but a cupful, add the soda dissolved in a little milk, the salt and sugar, beat well and bake. With the remaining sponge set the cakes again. The sponge will keep a week in cold weather.

Potato Pancakes

2 cups of mashed potato
1 teaspoon salt
½ cup milk
1 rounding tablespoon barley flour
1 rounding tablespoon cornstarch
2 eggs beaten separately

Mix in order given, adding whites just before frying.

SOUPS

One of the things we do not need to eliminate from our table is soup. By establishing the French "Pot au feu" in our kitchens we can convert much material we have hitherto thrown away into delicious and nourishing soup. As long and slow cooking is an essential part of the process a fireless cooker may be used where a range is not available. Left over meats, gravies, the bones from a fowl or a roast, and vegetables either cooked or raw may be used. The water in which celery, cabbage, turnip, asparagus, cauliflower, peas, beans and onions have been cooked should always be saved. Rice water may be used where a thick soup is desired. The cream soups—those made without stock—are a valuable addition, forming a valuable group. Cornstarch, rice or potato flour can be used for thickening.

Oyster Soup

1 pint milk
½ pint oysters
½ cup cream
1 tablespoon butter
1 tablespoon cornstarch
salt and pepper to taste

Cut the oysters in small pieces removing the hard part, put the milk in double boiler, when hot add blended butter and corn starch and seasoning, when thoroughly cooked add oysters, cook 5 minutes, add hot cream and serve at once.

Oyster Soup No. 2

1 pint oysters
1 cup chicken stock
½ cup stale oatmeal wafer crumbs
½ onion grated
1 stalk celery
1 blade mace
bit of bay leaf
2 tablespoons butter
1 tablespoon cornstarch
2½ cups hot milk
½ cup cream
1 egg yolk
salt and pepper to taste
2 sprigs parsley

Clean and remove all particles of shell from oysters, reserving liquor, setting aside soft portions. Cook chicken stock, bread crumbs, reserved liquor, tough part of oysters, onion, celery, parsley, mace and bay leaf for 20 minutes, rub through a sieve, bring to boiling point, add hot milk, blended butter and flour, cook until smooth. Add soft part of oysters, and cream mixed with yolk of egg. Cook a few minutes and serve at once.

Pimento Bisque

⅔ cup cooked rice
3 pints chicken stock
½ cup canned pimentos
yolks of 2 eggs
½ cup cream

Cook rice and stock in double boiler until very tender, add pimentos cut in small pieces, rub all thru a sieve, bring to the boiling point again, add egg yolks and hot cream. Serve at once

Corn Chowder

1 cup corn
2 cups diced raw potatoes
1 small onion grated
3 cups milk
½ cup cream
3 tablespoons butter
1 tablespoon cornstarch
1 tablespoon chopped green pepper
salt and pepper to taste

Put corn, milk, onion and green pepper in double boiler, parboil potatoes for 10 minutes in boiling water, drain, put in double boiler, when soft add blended butter and corn starch. Just before serving add hot cream. Croutons of war bread browned in butter may be added if desired.

Black Bean Soup

1 pint black beans
2 quarts cold water
1 pint black beans
1 onion
1 stalk celery
salt and pepper to taste
1 tablespoon cornstarch
2 tablespoons butter
½ teaspoon mustard
1 lemon
2 hard boiled eggs

Soak beans over night. Put on to boil in 2 quarts cold water, slice the onion, fry in a little fat and with the celery add to the beans, simmer several hours or until quite soft, adding more water so that there are about 2 quarts when done. Rub thru a strainer, put on to boil, add salt, pepper and mustard, thicken with blended butter and flour. Cut the lemon and eggs into thin slices and pour the hot soup over them. If a richer soup is desired the bean pulp can be boiled down quite thick and thinned with soup stock. A cup of tomato juice may also be added.

Potato Soup

3 medium sized potatoes
3 cups milk
1 onion grated
2 tablespoons butter
1 small tablespoon cornstarch
1 small tablespoon chopped parsley
salt and pepper to taste

Cook potatoes until soft in salted water. Scald milk in double boiler, add onion and potatoes put thru ricer, cook 15 minutes, add blended butter and cornstarch, season highly, add finely chopped parsely and serve at once.

MEATS

Braised Tongue, No. 1

Boil a fresh tongue in enough unsalted water to cover until tender enough to remove the skin easily or about three hours. After the roots and skin have been removed place in a braising dish with enough of the water in which it has been cooked to cover it. Brown in drippings ½ cup each of chopped onion, carrot and celery, add to the tongue with salt and pepper to taste, 1 cup of tomato, 4 whole cloves, 2 bay leaves, a few sprigs of parsley and a green pepper cut up. Cover closely and let cook slowly 3 hours or until perfectly tender. Strain the liquor in which it was cooked, thicken with 2 tablespoons of cornstarch blended with 2 tablespoons of butter. Just before serving add 2 tablespoons of sherry and ¼ pound of mushrooms which have been previously cooked.

Braised Tongue No. 2

Boil fresh tongue until tender, take out roots and gristle, also remove skin. Cut it to fit casserole, leaving enough room for sauce. Sauce—chop fine 1 tablespoon each of celery, parsley, carrot, parsnip, turnip, onion. Brown in frying pan 2 tablespoons of rice flour and 2 of butter substitute. When brown add 1½ pints liquor in which tongue was boiled, season, allow to thicken and pour over tongue. Cover tightly and bake two hours. Serve garnished with parsely and red pepper cut in strips.

Beef Stew

Choose flank end of roast, cut meat in small pieces and put them to brown with drippings. Slice 1 onion, 1 carrot and 1 turnip, scald before adding to the stew. Cover with boiling water and let simmer till tender, (about 4 hours). Skim off fat. Pepper and salt to taste. Parboil potatoes 5 minutes before adding. Drop in dumplings when potatoes are nearly done and cook fast, covered tight, for 10 minutes.

Dumplings

½ cup barley
½ cup corn flour
½ cup cornstarch
2 teaspoons baking powder
1 egg
salt

Mix with enough milk to make a stiff batter.

Stuffed Shoulder of Mutton

Begin at the top and take the thin skin off shoulder of mutton, remove the bones, make stuffing and put between the layers of meat. With a coarse needle and twine gather the edges into a long oval form. Steam till tender. Take out, dredge with barley flour, salt and pepper. Bake till brown, basting with water from the kettle in which it was cooked. Use the water for gravy also.

Swedish Meat Cakes

1 lb. chopped raw beef
¾ cup soft corn bread crumbs
½ cup stock
yolks of 2 eggs
1 teaspoon lemon juice
a few gratings of nutmeg
1 medium sized onion, grated
salt and pepper to taste

Form into cakes, put into an iron skillet with 2 tablespoons of corn oil, fry until brown on both sides, then cover with 1 pint of thin tomato sauce and bake slowly 40 minutes. Serve with a border of boiled rice or mashed potato. This makes nine meat cakes, and if carefully made is a delicious and most economical dish.

Breaded Mutton Cutlets

8 French chops cut thin
2 tablespoons butter
3 tablespoons cornstarch
½ teaspoon salt, pepper to taste
1 cup cream
½ cup chopped ham

Make a white sauce of the above ingredients. When thoroughly cooked add the finely chopped ham, mix thoroughly and set aside to cool. Broil the chops. Season each chop with salt and pepper and cover on both sides with a layer of the sauce. Allow them to stand on a buttered plate until firm, then dip in egg and dried muffin crumbs, and saute in fat until brown. Serve with Cuban or tomato sauce.

Cuban Sauce

2 tablespoon ham, chopped
¼ cup rice flour
¼ cup butter
1½ cups stock
1 cup tomato catsup
½ teaspoon salt

Cook ham and butter, until butter is well browned, add the flour and salt, the stock slowly and then the catsup. Cook 10 minutes. Strain and serve with mutton cutlets.

Paprika Snitzel

2 pounds veal steak cut in small pieces, roll in seasoned corn flour and brown in salt pork or drippings. Remove meat from pan, add 2 tablespoons butter, brown slightly. Pour in gradually the strained juice from 1 pint can tomatoes, add 1 slice each of onion and carrot, bay leaf and a bit of mace. Return meat to sauce and simmer ¾ hour. When done remove meat to platter, season sauce with salt and a large pinch of paprika, pour over meat. Garnish with slices of lemon, parsley and dill pickles.

Round Steak

Get steak two inches thick. Spread with corn flour and pound it until the steak has absorbed ½ cup. Sear on both sides in hot frying pan. Put layer of onions in casserole or fireless cooker, then place the steak on onions and over all pour one pint of canned tomatoes. Salt and pepper to taste. Cover tight and cook for 3 hours.

Chicken Pie with Rice Crust

Prepare as for creamed chicken with a cream sauce, using some of the chicken stock for the sauce. For a crust for a baking dish of medium size take 1½ cups of hot boiled rice, add the yolk of 1 egg and 2 tablespoons of cream, season to taste, spread out on a pie plate the size of the baking dish. When cold, slip it off on top of the creamed chicken and bake 15 minutes.

Chicken in Casserole

Cut up chicken as for frying. Roll in corn flour, pepper and salt. Butter bottom of casserole, lay in chicken. Almost cover with top milk. Bake slowly until tender (about 2 hours).

Smothered Chicken

Select a plump fowl, cut it up, dredge in corn flour seasoned with salt and pepper. Fry slowly in butter or drippings until a delicate brown, add a cup of boiling water and a large table spoon of butter. Cover closely and bake until thoroughly tender, basting from time to time. One hour is enough for a spring chicken.

MEAT SUBSTITUTES

Bean Loaf

1 cup soft muffin or corn bread crumbs
¾ cup lima bean pulp
1 egg
¾ teaspoon salt
1 tablespoon walnut meats
¼ cup shortening
¾ cup sweet milk
⅛ teaspoon pepper
a little sugar

Mix all together and let stand for 15 minutes. Line a bread pan with oiled paper and put in mixture. Bake in moderate oven about 1 hour.

Baked Beans

Wash 1 pint of beans, soak over night. Boil until tender in the same water. Add 1 tablespoon salt, 1 tablespoon molasses, 3 tablespoons olive oil. Bake 3 hours in a slow oven.

Tomato Sauce for Beans

½ cup Chili sauce
¼ teapsoon mustard
1 teaspoon butter
2 tablespoons sherry

Heat and serve with beans.

Polenta

Make like porridge by gradually dropping corn meal into boiling water, stirring constantly. Boil ¼ hour, when it will be quite thick and smooth. Then add salt, a little butter, some grated cheese, and 1 egg beaten. When cold cut in layers, place in a baking dish. Add a little butter to each layer. Sprinkle with plenty of grated cheese and bake about an hour in a slow oven. Serve hot in the same dish.

Croquettes of Cheese and Rice

1 pint boiled rice
⅓ cup thick white sauce
yolk of 1 egg
2 tablespoons grated cheese
salt and pepper to taste

Cool, shape, roll in crumbs. Dip in egg, roll in crumbs again and fry. Serve with tomato sauce.

Rice Croquettes

2 cups cooked rice
2 or 3 tablespoons milk
2 tablespoons butter
½ teaspoon salt
1 egg

Warm rice and milk to soften. Add other ingredients. Spread on a plate to cool and shape. In the center place left-over bits of jelly. Roll in egg and crackers and fry in crisco.

War Hash

Place boiled rice in the bottom of a baking dish one inch thick, then a layer of chopped chicken or other fowl, or boiled fish, cut in small pieces. Then another layer of rice. Pour over this a cup of canned or cooked tomatoes. Sprinkle grated cheese over the top and bake. A little gravy left from the chicken is an addition.

Nut Loaf

2 cups soft muffin crumbs
1 cup chopped walnuts
⅓ cup melted butter
½ teaspoon Worcestershire sauce
a few drops of onion juice
1 cup top milk
1 teaspoon salt
½ teaspoon pepper
2 teaspoons baking powder

Mix all together. Shape in a bread pan and bake 1 hour in a moderate oven, covering for the first half hour. Serve with tomato sauce.

Baked Bean Loaf

1 pint cold baked beans
1 egg beaten
1 cup wheatless bread crumbs
1 tablespoon minced onion
1 tablespoon catsup
salt and pepper to taste

Mix thoroughly, bake ½ hour. Serve hot with tomato sauce.

Casserole of Rice and Meat

1 cup rice
½ lb. chopped meat
½ cup stock
1 teaspoon chopped parsley
1 beaten egg
2 tablespoons wheatless bread crumbs
1 small onion grated
salt and pepper to taste

Boil the rice until very tender, butter a mould and line sides and bottom half an inch deep with the rice, then add the finely chopped meat which

has been carefully prepared with the other ingredients, cover closely with rice, and steam 45 minutes. Loosen it around edge of the mould, turn it on a platter and serve with tomato sauce.

Tomato Sauce

2 cups canned tomato
1 medium sized onion
1 bay leaf, 2 whole cloves
2 tablespoons butter
1 tablespoon cornstarch
salt and pepper to taste

Cook tomato, onion, bay leaf and cloves together slowly 20 minutes, rub thru a strainer, add the blended butter and cornstarch, cook until smooth.

FISH

As a nation we use very little fish in comparison with the European peoples. Let us learn now to use more fish and save the meat for our soldiers. Increased meat production is difficult because of transporation, cost of feeding and time. The supply of fish can be multiplied easily, the waters are wide and government propagation is proving wonderfully valuable. Fish has as much nutritive value as meat and is perhaps its best substitute.

Baked Fish a la Flambeau

Use a piece of solid fish about two inches thick, either steak or filet. Cover the top and sides with a paste made of meat chopped fine, left-over vegetables, bread crumbs, rice, or cereal left from breakfast. Season well with onion, celery and so forth. Moisten with stock, gravy or water with a little fat. Bake ½ hour. Sherry may be poured over the paste if desired. A very good dish, if carefully made.

Fish Pudding or Souffle

1 pound or pint boiled halibut (any solid fish will do)
½ cup cream or milk
1 tablespoon butter fat
2 eggs
½ tablespoon corn flour or cornstarch
1½ teaspoons salt
¼ teaspoon pepper
½ teaspoon onion juice

Rub fish through puree sieve. Season with salt, pepper, onion juice. Make cream sauce by melting butter, adding flour and when thoroughly cooked, the cream. When smooth, add fish. Take from the fire and add beaten eggs and stir thoroughly. Butter a mould, press the mixture in well, cover with greased paper and set in pan of warm water. Bake ½ hour in moderate oven. Serve with any sauce desired. If a white fish is used, a sauce with lobster or shrimp or crab looks well. If salmon is used a white sauce with parsley sprinkled over it. Surrounded with potatoes cut in balls this is a handsome luncheon dish. Serves a dozen people.

Mousseline of Fish

1 lb. raw white fish
1 cup muffin crumbs
1 cup cream
½ lb. almonds cut in strips
whites of 4 eggs beaten stiff
juice of ½ lemon
1 small onion grated, mace, salt and pepper

Chop the fish very fine. Put all together carefully, adding egg whites last. Steam in a mould or bake in a pan of water or in individual moulds for ¾ of an hour. Serve with a rich cream or lobster sauce.

Salmon Loaf

1 can salmon
4 well-beaten eggs
4 tablespoons melted butter
½ cup muffin crumbs
seasoning

Mix well and steam 1 hour

Sauce

1 cup milk
pepper and salt
2 teaspoons catsup
1 tablespoon cornstarch
1 tablespoon butter

Boil one minute and stir in 1 egg. Pour over the loaf

Salmon Souffle

1 can salmon (about 1 cupful)
⅔ cup of milk
⅓ cup fine muffin crumbs
salt and pepper to taste
1 tablespoon flour
1 tablespoon butter
whites of 3 eggs

Make cream sauce of flour, butter, milk and muffin crumbs, take from the fire, stir in the flaked fish and the stiffly beaten egg whites. Mix lightly, cover with crumbs, bake in hot oven 20 minutes. This can be baked either in a pudding dish or in ramekins.

Salmon and Rice Loaf

1 cup salmon
1 cup hot boiled rice
salt and pepper to taste
⅓ cup white sauce
1 tablespoon lemon juice
1 egg

Mix all together, season highly. Pour into a buttered dish and bake 25 minutes.

Fish a la Creole

1 thick slice halibut
salt, pepper
1 small onion
1½ cups tomato sauce
dry muffin crumbs

Season halibut highly with salt and pepper, put in buttered baking pan. Spread over with small onion grated, tomato sauce and bread crumbs browned in butter. Bake slowly ½ hour.

Codfish Cakes

1 cup raw codfish
2 cups raw potatoes
1 tablespoon butter
¼ cup milk or cream
1 egg well beaten
salt and pepper to taste

Soak codfish several hours and cook gently for 25 minutes. Cut potatoes in quarters, boil until soft, put thru ricer, add fish, mix well together with potato masher, add other ingredients, beating until very light. Shape into cakes and fry in corn oil.

Codfish Souffle

2 cups potatoes
1½ cups codfish
2 tablespoons butter
season to taste
1 tablespoon cornstarch
1 cup milk
2 eggs

Prepare codfish and potatoes as for codfish cakes. Make cream sauce of butter, cornstarch and milk, add fish and potatoes, then the yolks well beaten and lastly the stiffly beaten whites. Pour in a buttered dish. Bake 25 minutes in a moderate oven.

EGGS

Poached Eggs with Tomato Sauce

Toast delicate slices of Quaker muffins, page 8. Place on this, half a tomato which has been fried. Place on this a poached egg. In the saucepan in which tomato has been fried, make a sauce by adding corn flour and enough milk or water to make the thickness of heavy cream. Season to taste, and pour a tablespoonful over each egg. When tomatoes are expensive they may be omitted and a sauce used made of canned tomatoes as follows:

Brown a little corn flour in some fat. Add tomatoes which have been somewhat cooked and seasoned with onion, etc. Pour this sauce over the poached egg and serve immediately.

Eggs in Cream Sauce with Cheese

Drop eggs without breaking into the bottom of an earthen baking dish. Pour over them a good cream sauce. Cover the top with ½ cup grated cheese. Bake until eggs are set.

Eggs a la King

Make a cream sauce. Add chopped green peppers, pimento, mushrooms and grated American cheese. Pour this over halves of hard-boiled eggs placed on rounds of fried hominy.

Egg Croquettes

1 tablespoon butter
2 tablespoons cornstarch
¾ cup milk

Make into white sauce seasoned with chopped parsley, salt, ten drops of onion juice. Into this stir six hard-boiled eggs chopped. Shape into croquettes, rill in egg and oatmeal wafer crumbs and fry in crisco.

Egg Timbales

⅔ cup milk
3 eggs
2 tablespoons butter
½ tablespoon cornstarch
1 teaspoon chopped parsley
½ teaspoon salt
pepper to taste

Make sauce of flour, butter and milk. Add eggs beaten slightly Bake in a ring mold set in hot water 20 minutes. Serve with creamed mushrooms, peas, tomato sauce or creamed lima beans.

CHEESE

Cheese Souffle

Cut crusts off of three slices of brown bread, butter the slices and place in a baking dish; cover with ¼ pound grated cheese. Season with salt and pepper. Mix 4 well beaten eggs and 3 cups milk and pour over the bread. Bake in a pan of hot water until set, about ½ hour. Five to six servings.

Cheese Souffle No. 2

1 pressed down cup of bread muffin crumbs
1½ cups milk
½ teaspoon salt
dash of cayenne
3 eggs, whites and yolks beaten separately
¼ pound cheese grated

Pour milk over crumbs and let stand. Add yolks, then whites, lastly cheese. Bake in buttered dish until egg is set.

Rinktim Ditty

Make a white sauce, two cups or more
1 cup grated cheese
Salt and pepper, and a little sugar and flour.
1 pint of strained tomatoes

First melt the cheese by slowly stirring in white sauce. Then add tomatoes and before taking from the fire add 2 well beaten eggs. Do not let boil. Serve on toast.

Cheese Pudding with Pimento

2 thick slices buttered corn bread
⅔ cup cheese chopped in small pieces
1 pimento
2 eggs
½ teaspoon salt
2 cups rich milk

Put buttered bread like a sandwich and cut into cubes. In a buttered baking dish mix bread with pimento, cut in pieces and mix with cheese. Beat eggs, add salt and milk, mix and turn over bread. Bake in a very moderate oven until pudding is well puffed and eggs are set.

Cornmeal and Cheese Souffle

2 ounces butter or drippings
3 ounces cornmeal
salt and cayenne to taste
½ pint milk
6 ounces finely grated cheese
4 eggs

Melt butter or drippings in a saucepan, mix in cornmeal smoothly, add salt, cayenne and milk. Simmer the mixture gently over the fire stirring it all the time until it is as thick as melted butter, then stir in the cheese. Turn it into a basin and mix with it the well beaten yolks of the eggs. Beat the whites stiffly and stir them gently into the mixture and pour into the baking dish, which should be only half filled as the mixture rises very high. Bake 20 minutes.

Welsh Rarebit

1 tablespoon butter
½ lb. soft mild cheese
1 teaspoon cornstarch
½ cup thin cream
salt, cayenne and mustard to taste
½ teaspoon mushroom catsup, if desired

Have the butter melted, add the cornstarch and stir until well mixed, then add the cream gradually while stirring constantly, and cook 2 minutes. Add cheese previously cut in small pieces and stir until cheese is melted. Season and serve on corn or rye wafers. A rarebit should be of a creamy consistency, never stringy.

VEGETABLES

White Sauce

2 tablespoons rice flour
2 tablespoons butter
1 cup milk or cream
salt and pepper

Melt fat in saucepan, work in flour and seasoning, pour milk on gradually, stir constantly to make smooth, cook thoroughly. One tablespoon of corn starch or potato flour may be substituted for the rice flour.

Potatoes

A liberal supply of potatoes ought to be found on every table. They are plentiful and comparatively cheap, besides being nutritious and very adaptable. They make a good extender to use with other foods which are higher priced and less plentiful. Bread can frequently be eliminated from meals where potatoes are used.

Stuffed Potatoes

Select large smooth skinned potatoes, bake until done. Cut lengthwise, remove the inside carefully with a spoon, season with salt and pepper, put through a ricer, add enough hot cream to make them light and creamy. Pack in the shells, placing half a teaspoon of butter on top of each. Put in the oven until slightly browned and serve at once.

A nice luncheon dish is made by placing a poached egg in a depression in the top of the potato just before serving.

Potato au Gratin

Block cold boiled potato, mix with white sauce to which has been added grated cheese. Put in baking dish, sprinkle with corn bread crumbs and cheese and bake in oven till brown.

To make O'Brien potato add green peppers, pimentos and grated onion to the au gratin mixture.

Potato Croquettes

Shape well seasoned mashed potato in balls, dip in egg and bind with fine corn bread crumbs, fry in deep vegetable fat. Treat sweet potato in the same way, adding nutmeg as seasoning.

Escalloped Potato

Slice raw potato thin. Put a layer in a buttered baking dish, sprinkle with salt, pepper and dredge with corn flour. Dot with butter, repeat until you have the desired quantity. Cover with milk and bake until the potato is soft.

Small potatoes may be utilized by parboiling in salted water until nearly done. When cold brown in drippings or corn oil.

Potato Puff

1 pint hot mashed potatoes 2 eggs

Season potatoes highly with salt, pepper, celery salt, parsley and butter. Make it quite moist with milk. Beat yolks and whites of eggs separately and stir into the potatoes when slightly cooled. Turn into a shallow baking dish, pile it loosely and bake 10 minutes, or until puffed and browned. Adding finely chopped meat to the above makes a variety.

Hashed Brown Potatoes

For two cups of cold boiled potato chopped fine, have a third of a cup of hot fat in a skillet (bacon fat is very nice) season well with salt and pepper. Stir constantly for a few moments. Then let stand to brown underneath. Fold as an omelet and turn out on a hot platter.

Sweet Potatoes with Apples

Put a layer of sliced boiled sweet potatoes in a baking dish, season with salt, paprika and plenty of butter, then cover with a layer of mellow apples cut in quarters, over which sprinkle half a cup of brown sugar then another layer of potatoes covered well with butter. Bake about forty minutes in a moderate oven.

Glaced Sweet Potato

Put cold boiled sweet potato in slices in a buttered baking dish, having each slice sprinkled with salt, pepper, brown sugar and dots of butter. Baste twice and bake until the sugar has made a syrup.

Cauliflower or Cabbage au Gratin

Cook a whole cauliflower or a cabbage cut in quarters in salted water until tender. Place in a baking dish and cover with white sauce. Sprinkle over with dried corn bread crumbs browned in butter. Cover with grated cheese and bake fifteen minutes.

Corn a la Southern

To one can of corn add two eggs slightly beaten, salt and pepper to taste, a little fat and 1 pint of scalded milk. Bake in a slow oven until firm.

Squash Souffle

To 2 cups of mashed squash add 1 cup of top milk, yolks of 2 eggs well beaten, salt, pepper and lastly whites of 2 eggs beaten stiff. Turn into buttered baking dish, bake slowly 30 minutes. Spinnach, potato, parsnip, turnip and carrot may be prepared in the same way.

Stuffed Pepper

Split peppers lengthwise, remove seeds and parboil. Fill shells with boiled rice seasoned with tomato, any left over meat, a little onion and salt, cover with dried corn bread crumbs well buttered. Put in a baking dish with half a cup of stock or water and bake about 20 minutes. (Left over vegetables may be successfully used for stuffing peppers.)

Baked Rice

One-half cup of rice, 3 cups milk, ½ teaspoon salt, bake 3 hours in a very slow oven. Stir 2 or 3 times during the first hour. This is a very nice dish to serve with chicken.

Corn Custards

1 cup grated corn or cornlet
1½ cups milk
4 eggs
½ teaspoon salt
a little pepper

Bake in a single or individual moulds. Turn out on platter and cover with cream sauce.

Baked Lima Beans

½ pound lima beans
¼ cup chopped onion
1 green pepper
1 small can tomatoes cooked and strained
1 teaspoon cornstarch
salt, paprika and white pepper to taste

Soak beans over night. Cook next day until medium soft. Put the onion in a spider with 2 tablespoons shortening. When onions are done add tomatoes (cooked and strained), add cornstarch and seasoning, and green pepper chopped. Add this to the beans and bake 1 hour.

SALADS

Salads should have a prominent place in our menus, as they are made from fresh fruits and vegetables which cannot be shipped abroad and of which our army makes very little use. The combinations are endless and if daintily made and served are so delicious that one scarcely misses the ante-bellum pie and pudding.

SALAD DRESSING

French Salad Dressing

½ teaspoon salt
¼ teaspoon pepper
1 tablespoon vinegar
4 tablespoons oil

Mix dry ingredients then vinegar, lastly oil and beat until blended.

Hot Salad Dressing

2 tablespoons butter
½ cup mild hot vinegar
1 tablespoon sugar
½ cup sour cream
1 teaspoon salt
¼ teaspoon pepper
½ onion chopped fine

Mix dry ingredients, then butter, vinegar and cream. Pour hot over any vegetable salad or warm salad.

Boiled Salad Dressing

½ tablespoon mustard
½ tablespoon salt
2 tablespoons sugar
1 tablespoon butter
1 cup sour cream
½ cup vinegar
1 teaspoon rice flour
yolks of 4 eggs

Mix dry ingredients, add vinegar, then yolks mixed with cream. Put in double boiler and cook until thick. Thin with cream to use.

Mayonnaise Dressing

Mix juice of 1 lemon with 1 teaspoon of mustard, ½ teaspoon of salt, a dash of paprika. Put one egg yolk in a cold bowl and begin by putting oil in drop by drop. As it jellies, thin with the prepared mixture. One egg will hold a large cup of oil. A dover beater is most satisfactory for making mayonnaise.

Thousand Island Dressing

5 tablespoons mayonnaise
2 tablespoons cream
1 tablespoon tarragon vinegar
2 tablespoons chili sauce or catsup

Mix in order given.

VEGETABLE SALADS

Potato Salad

Two cups boiled potato cut in small blocks, ½ cup of celery or cucumber blocked, some grated onion, 2 hard boiled eggs, the whites cut into the salad, the yolks riced for a garnish. (California cherries stoned and split add a delightful touch.) Use boiled dressing. The salad should be mixed an hour before using.

Rice Salad

2 cups cold boiled rice well flaked
2 pimentos cut in small strips
1 onion shredded

Mix all carefully with a very highly seasoned mayonnaise and garnish with cress, add halves of hard boiled eggs decorated with pimento. Excellent for Sunday night supper.

Japanese Salad

½ cup hot boiled rice
2 hard boiled eggs
1 slice of onion chopped
1 slice of red pepper chopped
1 slice of green pepper chopped
1 sprig of parsely chopped

Put hot rice into a French dressing, toss carefully so grains do not stick together. Chop the egg whites and rice the yolks, add all the ingredients to the rice, chill thoroughly and serve on a platter of lettuce. Garnish with the parsley and sardines.

Beet Salad

Lettuce, slices of cooked beets and cream cheese put through ricer. French dressing.

Salad Eggs

Cut hard boiled eggs in two lengthwise. Put yolks through ricer and mix with salt, sugar, mustard, paprika to taste. Moisten with a little vinegar and oil or cream. Fill the whites with the mixture and serve on a bed of lettuce.

Stuffed Tomatoes

Peel medium sized tomatoes. Remove thin slice from the top and take out seeds and some pulp. Sprinkle inside with salt. Fill with string beans. Serve on lettuce leaves with mayonnaise.

Combination Salad

Lay a slice of canned pineapple on a lettuce leaf. On this place a slice of Bermuda onion as thin as a knife blade. Cover this with riced cream

cheese then lay a slice of tomato on top with mayonnaise. It is well to marinate the pineapple in French dressing an hour before putting the salad together. When tomatoes are not in the market little moulds of tomato jelly may be substituted.

Tomato Jelly

2 cups tomato
1 grated onion
1 tablespoon sugar
salt, pepper
1 bay leaf
2 cloves
2 tablespoons gelatine

Dissolve gelatin in a little cold water. Combine all ingredients, bring to a boil, strain and pour into moulds.

SWEET SALADS

Pineapple Salad

Lettuce hearts, a slice of pineapple, white cherries stoned and stuffed with nuts, French dressing.

Fig Salad

Whole preserved figs stuffed with cream cheese. Serve on lettuce with rings of sweet cucumber pickle and French dressing.

Prune Salad

On a bed of lettuce place a slice of orange, a stewed prune stuffed with nut meats, on top of this boiled dressing into which has been folded whipped cream.

Apple and Celery Root Salad

Two tart apples chopped, one small cold boiled celery root chopped, some broken nut meats and a few chopped dates. Use boiled dressing and lettuce.

SUGGESTIONS

For Combining Vegetables in Salad

Celery with cabbage, tomato with green pepper, string beans with hard boiled eggs and celery, brussels sprouts with beets, cucumber with onion, asparagus with tomato.

For Combining Fruits in Salads

Grape fruit with celery and pepper, grape fruit with pineapple, oranges with bananas, pineapple with banana, malaga grapes with nuts, apple with nuts and celery, pears with pimento.

CAKES

In our cake making experiments we have found that the substitutes for sugar, butter and flour have been more satisfactory in little cakes and cookies than in the richer kinds of cake. We have, therefore, given almost no recipes for the loaf or richer layer cakes. In flours we have used barley, rye, rolled oats, rice, potato and corn flour, and cornstarch. All these flours should be carefully sifted before measuring and when combined sifted at least once.

Potato flour makes cake of an exquisite texture. As only half as much is required as of wheat its price is not prohibitive. All sponge cakes may be made with potato flour. In any of our recipes where butter is called for a substitute may be used if desired. Oleomargarine, crisco, troco and corn oil have all been found satisfactory. Corn oil is particularly nice in combination with honey or molasses and leaves no disagreeable taste to be covered up.

In all our cake making we have had excellent results by cutting out from one-quarter to one-half of the sugar called for in our old recipes. The greater part of our cakes call for honey, molasses and brown sugar. Frostings do not seem essential in war time; we have, however, given a few without sugar. Chopped nuts with a tiny sprinkling of granulated sugar make an excellent substitute for frostings. Almonds are particularly nice, either chopped or put whole on the cake, while chopped peanuts are very good for little cakes and cookies.

NOTE. As we have been obliged at the last moment to cut all wheat flour from our cakes we have omitted many of our choicest recipes and in others replaced wheat with barley, rice, corn and barley flour. They may be lacking in fine texture and will perhaps be crumbly, but they will have the greater advantage of being WAR-TIME cakes in reality.

Liberty Sponge Cake

¾ cup sugar
½ cup potato flour
1 teaspoon baking powder
5 eggs
4 tablespoons boiling water
1 tablespoon vanilla
½ teaspoon salt

Beat yolks of eggs and sugar together for 10 minutes, or until grains of sugar have disappeared, then add boiling water, and flour into which baking powder has been sifted and lastly the stiffly beaten whites of the eggs, pour quickly into a cake pan and bake about 20 minutes. The oven should be quite hot at first; when cake begins to rise and brown a little turn the flame quite low.

Potato Flour Sponge Cake No. 2

1 cup sugar
4 eggs
flavor to taste
½ cup potato flour
1 teaspoon baking powder

Beat yolks very light, then add sugar gradually and beat for 10 minutes. Then add lightly the stiffly beaten whites and the flour which has been sifted twice with the baking powder. Bake from 20 to 25 minutes.

Potato Flour Angel Food

whites of 6 eggs
1 cup sugar
1 tablespoon cold water
1 scant cup potato flour
1 teaspoon baking powder
1 teaspoon vanilla

Beat whites very stiff, add sifted sugar, then water, and flour which has been sifted with the baking powder. Pour quickly into angel cake tin and bake 30 minutes.

Corn Flakes Macaroons

2 eggs, beaten separately
¾ cup sugar
1 tablespoon corn oil
1 tablespoon vanilla
1¾ cups rolled corn flakes

Beat the yolks and sugar together until creamy, then add other ingredients, drop by spoonfuls on buttered pans. Bake in quick oven.

Cornflake Kisses

2 cups cornflakes—not rolled
whites of 2 eggs beaten very stiff
1 cup cocoanut
1 teaspoon almond extract
1 small cup sugar

Chocolate Cake

½ cup butter
½ cup riced potato (not packed)
½ teaspoon each of soda, cloves and cinnamon
1 cup rice flour
1 cup white sugar
½ cup sour milk
½ cup grated chocolate
½ cup chopped nuts
2 eggs

Cream butter and sugar together, add yolks, then riced potato, then sour milk, grated chocolate (previously melted) chopped nuts, rice flour (with the soda and spices sifted in) and lastly stiffly beaten whites of eggs.

Cocoanut Kisses

Whites of 3 eggs beaten stiff, 1 cup sugar added gradually, beat 15 minutes or until very stiff, add quickly 1 cup shredded cocoanut. Drop on buttered tin and bake very slowly.

Wheatless Doughnuts

1 cup mashed potatoes
1 cup rye flour
¼ cup cornstarch
¼ cup rice flour
2 tablespoons corn flour
3 tablespoons barley flour
1 cup thin sour cream
1 cup sugar
2 eggs
1 teaspoon soda
1 teaspoon baking powder
vanilla and salt

Beat eggs together until light. Add 1 cup sugar and beat as for cake. Add mashed potatoes and sour cream with the soda in it. Add to above the flours and baking powder previously sifted together 3 times, vanilla and salt. To roll out the doughnuts, add a little barley and rye mixed. Fry in corn oil.

(*We do not encourage the use of doughnuts because of fat necessary for frying.*)

Potato Doughnuts No. 2

1 cup sugar
½ cup sweet milk
½ teaspoon shortening
¼ teapoon cinnamon
¼ teaspoon nutmeeg gratd
½ teaspoon salt
2 teaspoons baking powder
1 egg
1 cup mashed potatoes packed solidly and riced
1 cup barley flour
1 cup rye flour
¼ cup rice

Mix spice, sugar, salt and shortening together. Add well beaten egg and milk. Beat well. Add flour which is measured level before sifted. Sift with baking powder and roll out one-half inch thick. Fry in deep fat. This dough will be soft, but if let stand twenty minutes after rolling out it will be much easier to handle.

Orange Cookies

½ cup butter
⅔ cup brown sugar
2 eggs
½ cup rice flour
2 cups rolled oats
1 teaspoon soda dissolved in
2 tablespoons sour milk
½ cup raisins
½ cup chopped nuts
grated rind of 1 large orange

Mix in the order given, drop on tins from a spoon and bake in a moderate oven.

Date Cake

3 eggs
⅔ cup sugar
1 cup chopped nuts
1 cup chopped dates
1 teaspoon salt
½ cup rice flour
½ cup barley flour
1 teaspoon baking powder
½ nutmeg, grated

Beat eggs very light, then add the sugar, dates, nuts and seasoning. Sift flours and baking powder together carefully, and beat lightly into the mixture. Bake in sheets half an inch thick.

Oatmeal Drop Cookies

2 eggs
1 cup brown sugar
4 tablespoons corn oil
½ teaspoon salt
2 cups rolled oats
1 teaspoon baking powder
1 tablespoon cornstarch
1 tablespoon vanilla

Mix in the order given, mixing the baking powder and cornstarch together before adding to the other ingredients. Drop from a spoon on buttered pans and bake in a moderate oven. These cakes may be improved by the addition of a little cocoanut.

Honey Cookies

¾ cup honey
¼ cup corn oil
1 cup barley flour
1 cup rice flour
1 egg
1 teaspoon salt
½ teaspoon soda
2 tablespoons warm water
1 cup raisins
½ teaspoon nutmeg
1 tablespoon vanilla

Heat honey and corn oil together until well blended. Sift flour, soda, salt and nutmeg together. When honey mixture is cooled, add egg well

beaten, then water and raisins. Add dry ingredients gradually. Drop by spoonfuls on buttered pans and bake in a moderate oven. Finely chopped nuts and a little granulated sugar sprinkled over the top are a great addition.

Rocks

1 cup brown sugar
⅔ cup butter
3 eggs
¾ cup rice flour
¾ cup barley or rye
1 cup raisins
1 lb. walnuts sparsely chopped
½ lb. dates
1 teaspoon soda in
1 tablespoon hot water
1 teaspoon cinnamon
½ teaspoon cloves

Drop by spoonfuls on buttered pans and bake in a moderate oven.

Chocolate Brownies

⅔ cup of brown sugar
½ cup of butter
½ cup of sour milk
1 teaspoon of soda
1 teaspoon of salt
2 eggs
1 tablespoon lemon extract
2 squares Baker's chocolate
½ cup nuts
½ cup seedless raisins
1 cup barley flour
½ cup rice flour

Cream butter substitute and sugar, add yolks of the eggs. Beat soda into the sour milk. Add alternately with flours which have been sifted together and the stiffly beaten whites of the eggs. Then add the lemon extract, salt, melted chocolate, nuts and raisins. Drop on buttered pans and bake quickly.

Barley Cookies

1 cup brown sugar
½ cup butter
3½ cups barley flour
½ cup milk
½ cup molasses
2 eggs
4 teaspoons baking powder
2 teaspoons cinnamon
1 teaspoon allspice
½ teaspoon cloves
1 teaspoon ginger
½ teaspoon salt

Cream butter and sugar, add molasses and milk and eggs. Sift flour, baking powder, spices and salt carefully together before adding. Roll to about ¼ inch in thickness. Sprinkle with granulated sugar. Mix rather soft. Handle as little as possible and bake quickly.

Soft Thick Ginger Cookies (Plain)

1 cup best molasses
½ cup white sugar
½ cup brown sugar
1 round teaspoon salt
1 teaspoon cinnamon
1 tablespoon vinegar
1 cup buttermilk
1 cup drippings or corn oil
2 teaspoons ginger
3 teaspoons soda
1 well beaten egg
barley and potato flours
cornstarch

Mix in the order given, adding sufficient barley flour to roll soft. Do not mix the dough stiff or the cookies will be hard. Sift 2 tablespoons potato flour and 1 tablespoon cornstarch with the barley flour. Bake in a quick oven. Recipe makes about 70 cookies.

"Forward" Cookies

1 cup corn oil
1 cup molasses
½ cup white sugar
2 eggs
1 teaspoon soda (dissolved in 3 tablespoons warm water)
1 rounding teaspoon ginger
1 teaspoon salt
2 cups rolled oats
1 cup corn flour
2 cups rye or barley flour
1 tablespoon lemon extract

Beat soda into molasses and add to corn oil. Beat well. Add sugar, then stir all dry ingredients together and add to mixture. Beat eggs together and add last. Roll as soft as possible, sprinkle with granulated sugar and bake in moderate oven. If more flour is needed add equal parts of rye and corn. Be sure to sift the flours together before using.

Hot Water Gingerbread

½ cup corn oil
½ cup molasses
⅓ cup boiling water
⅓ cup brown sugar
2 eggs
spice to taste
½ cup cornstarch
1½ cups barley or rye flour
1 teaspoon salt
1 teaspoon ginger
1 teaspoon soda

Dissolve the soda in the boiling water, add to the molasses, stir into the butter and sugar which have been creamed, sift the other dry ingredients together and add to the first mixture; add the eggs last. Bake in an oblong pan 20 to 30 minutes.

Sour Cream Gingerbread

½ cup rich sour cream
½ cup molasses
⅓ cup brown sugar
1 teaspoon each of soda, salt and ginger
2 eggs
½ cup corn flour
½ cup rice flour
1 cup barley flour
grated rind of a lemon

Beat the cream stiff with a Dover beater, then the molasses in which the soda has been beaten, then the other ingredients. Bake in an oblong pan 20 to 30 minutes.

Drop Cakes

1 cup butter
1 cup molasses
½ cup brown sugar
1 cup sour milk
3 eggs
½ cup seedless raisins
¾ tablespoon soda dissolved in hot water
2 cups rye or barley flour
½ cup rice flour
½ cup corn flour
1 tablespoon ginger
1 teaspoon salt
1 tablespoon lemon extract
½ cup chopped nuts.

This batter when mixed will keep three or four days in the ice box. It makes a good dessert as a pudding baked in patty tins and served with a creamy sauce.

Ginger Cookies

1 cup molasses
½ cup brown sugar
1 cup butter
2 eggs
1 teaspoon ginger
1 teaspoon salt

1 teaspoon soda dissolved in 3 tablespoons hot water, flour enough to roll very soft. Rice and barley make a good combination.

Maple Sugar Frosting

1 cup maple sugar
½ cup water
white of 1 egg

Boil sugar and water together until syrup hairs, then pour it over the stiffly beaten white of the egg, beat until stiff enough to spread. Any desired flavoring or a square of Baker's chocolate may be added.

Karo Frosting

1 cup Karo corn syrup
3 teaspoons water
white of 1 egg
4 marshmallows

Boil syrup and water until they hair, pour over beaten white of egg, add marshmallows, beat till thick and spread.

Honey Frosting

½ cup honey
white of 1 egg
3 marshmallows

Boil honey until thick, pour it over the stiffly beaten egg white, add the marshmallows which have been softened by placing in a warm oven for a few minutes. Beat until soft and creamy and spread over the cake.

Chocolate Filling for Cake

1 cup milk
3 tablespoons cornstarch
½ cup maple syrup
yolk of 1 egg
1 square Baker's chocolate

Put milk in double boiler, when hot add flour and cornstarch dissolved in a little of the milk, then add melted chocolate and other ingredients. Cook until smooth and thick.

Orange Filling for Cake

juice and rind of 1 orange
juice of ½ lemon
½ cup sugar
yolk of 1 egg
2 rounding tablespoon cornstarch
1 teaspoon butter
cold water

Put rind and juice of orange and lemon juice in a cup, fill with water, put in double boiler; when boiling hot add sugar mixed with flour and cornstarch, beat well, when cooked add the egg and butter. Maple syrup may be used instead of sugar by using less water.

PUDDINGS

Moulded Charlotte of Rice

To 1 cup of well boiled rice add 1 cup of hot milk, cook in double boiler until very soft, add 1 tablespoon gelatine dissolved in a quarter of a cup of water to which two tablespoons of boiling water are added. Then add to the rice and milk half a cup rich maple syrup, 2 tablespoons sherry, 1 tablespoon vanilla, pinch of salt. Remove from the fire, when cold add 1 pint whipped cream and turn into a mould. Seedless raisins soaked in brandy, candied cherries, and angelica may be added. Halved preserved peaches are also nice with this dessert.

A Delicate Rice Pudding

½ cup rice
½ cup raisins
½ cup sugar
3 eggs
1 quart milk
2 tablespoons butter
½ teaspoon salt
a few gratings of nutmeg

Boil milk, raisins and rice very slowly in double boiler about 1½ hours. Beat the yolks of the eggs with the sugar, stir it into the rice, add the butter, pour into a pudding dish, add the whites which have been stiffly beaten with 2 tablespoons of sugar over the top. Place in a hot oven about 5 minutes or long enough to brown the meringue.

Rice Custard

Cook ½ cup of cold cooked rice in 1 pint of hot milk until every grain is distinct, add yolks of 2 eggs, ⅛ of a cup of maple syrup, a pinch of salt, and a teaspoon of vanilla. Cook a few minutes, turn into a baking dish, cover with a meringue, brown slightly and serve cold.

Fig Pudding

⅔ cup minute tapioca
½ pound cooking figs cut into small pieces
3 cups cold water
½ teaspoon salt
1 cup maple syrup

Cook together in double boiler until tapioca is transparent, then add a generous cup of maple syrup or Karo. Cook another 5 minutes and pour into a mould. One cup of chopped nut meats may be added. Serve cold with whipped cream.

Plum Pudding

½ lb. fine dry corn bread crumbs
½ cup brown sugar
½ lb. suet chopped very fine
4 eggs
½ cup brandy
½ lb. figs
1 teaspoon mace
1 rounding teaspoon salt
1 teaspoon cloves
½ cup chopped walnuts
1½ cups scalded milk
1 heaping tablespoon flour—corn, rice or cornstarch
½ cup molasses
1 lb. raisins
¼ lb. each candied orange, lemon peel and citron
2 teaspoons cinnamon
½ nutmeg grated
1 teaspoon soda

Steam 6 hours in a buttered mold closely covered. Serve with sherry sauce.

Sherry Sauce

Beat the yolks of 2 eggs slightly, add ½ cup sugar and ⅓ cup sherry wine. Cook over hot water until mixture thickens, then pour over stiffly beaten whites of 2 eggs and beat until served.

Simple Suet Pudding

½ cup suet chopped very fine
½ cup molasses
½ cup raisins
½ teaspoon soda
¼ teaspoon salt
½ cup sweet milk
¾ cup barley flour
¼ cup corn flour
¼ cup cornstarch.
2 teaspoons cinamon
1 teaspoon cloves

Sift soda, flour and spices together, add fruit and suet, mix molasses and milk and add to dry mixture. This recipe serves 5 or 6. Steam 3 hours.

Foamy Sauce for Suet Pudding

1 large tablespoon butter
1 tablespoon hot water
½ cup light Karo and maple syrup mixed

Beat all together until melted and creamy. Just before serving add white of egg well beaten.

Peach Dumplings

½ cup potato flour
2 tablespoons sugar
2 tablespoons butter
1 egg
1 teaspoon baking powder
¼ teaspoon salt
½ cup milk
preserved peaches

Sift flour, baking powder and salt. Mix butter, sugar, milk and egg, add flour. Put into a buttered cup and press into it a preserved peach. Steam ¾ of an hour. Serve with whipped cream. This batter makes 4 or 5 individual dumplings.

Apricot Pudding

1 cup of mashed dried apricots
½ cup of sugar
whites of three eggs

Steam 1 hour in a double boiler previously greased with butter. Do not take the cover of boiler off until pudding has been in an hour. (Apricots should be soaked in cold water over night and stewed in same water until soft, then sweetened to taste, with honey.) Garnish with whipped cream and serve with orange sauce.

Orange Sauce

1 small tablespoon cornstarch
1 teaspoon lemon juice
2 tablespoons sugar
1 cup boiling water
½ cup orange juice
2 tablespoons Karo

Mix the cornstarch and sugar thoroughly. Then add boiling water slowly and the syrup and cook 10 minutes, stirring constantly. Add other ingredients, heat the sauce and serve it hot. The juice of other fruit may be substituted for the orange juice and rind. One-fourth cup of candied or preserved fruit cut into small pieces may be added.

Cream Meringue

whites of 6 eggs
2 cups of granulated sugar
1 tablespoon vinegar (cider)
1 tablespoon vanilla

Beat whites very stiff, add sugar slowly, then vinegar and vanilla. After all are added, beat for a full half hour. Divide equally and put on 2 inverted pie tins, place in oven and bake for 30 to 45 minutes. Oven must be very hot at first and then turn flame down. Place thoroughly whipped cream, or ice cream, on one part and place the other part on top and serve at once. If whipped cream is used do not use that which is in the bottom of the dish or which is not thoroughly whipped. Fresh strawberries may be served on top of meringue or as a sauce.

Plain Ice Cream

1½ cups fresh milk
1 level tablespoon cornstarch
yolk and white of 1 egg
flavoring
¼ cup sugar
¼ cup Karo syrup
1¼ cups rich cream

Heat the milk in double boiler, add the flour dissolved in a little milk. Beat the yolk of an egg well and add the sugar. Add these to the milk and boil like custard. When cool add the syrup and cream and flavoring, freeze. Add the beaten white of egg when partly frozen. This amount serves six people.

Maple Sauce (for Ice Cream)

½ cup light corn syrup
¼ cup cream
½ cup maple syrup

Boil until mixture thickens. Serve hot for ice cream.

Angel Parfait

whites of 3 eggs
1 pint heavy cream
½ cup maple syrup
1 tablespoon vanilla or peach brandy

Boil syrup until it hairs, pour over the stiffly beaten egg whites, beat until cold, add flavoring and mix with the cream which has been beaten stiff. Pour into a mould and pack in ice and salt five hours before using. In freezing weather this cream can be put in a ring mould and set out of doors. It will freeze in about 3 hours. Preserved peaches are nice to put in the center if frozen in a ring.

Coffee Parfait

1 pint heavy cream
½ cup strong black coffee
¾ cup sugar
1 tablespoon brandy

Add sugar to coffee while hot, when thoroughly cold mix with the cream which has been whipped very stiff, put in a mould, pack in ice and salt 4 or 5 hours. The brandy may be omitted if desired.

Prune Whip

1 cup chopped prunes
whites of 3 eggs
⅓ cup sugar

Soak prunes over night and cook until soft in same water. Beat the whites of the eggs stiff, add prunes and sugar, put in slow oven with baking dish set in dish of hot water. Bake until brown and serve with whipped cream.

Maple Charlotte Russe

1 tablespoon gelatine dissolved in ¼ cup cold water
½ cup maple syrup
1 pint cream whipped

Add gelatine to hot syrup, when cool add to the whipped cream. Pour into a mould lined with lady fingers.

Caramel Custard

½ cup sugar
3 cups milk
pinch of salt
½ cup caramel
yolks of 6 eggs
1 whole egg
1 teaspoon vanilla

Make the caramel by putting 4 tablespoons granulated sugar into a little iron skillet, with 2 tablespoons of water. Let it cook until quite brown, pour it quickly into a pudding dish. When it has become hard, pour in the other ingredients. The eggs should be well beaten with the sugar, add vanilla, salt and cold milk. Set the dish in a pan of hot water, put in the oven until custard is set; about 40 minutes in a moderate oven will be required. When nearly cold turn upside down in a glass dish. It ought to come out whole with a delicious caramel sauce over it. If caramel sticks to the dish it can be melted by placing in hot water again. It is very pretty baked in a ring mould.

Old Fashioned Indian Pudding

1 quart milk
2 rounding tablespoons yellow cornmeal
½ cup molasses
1 tablespoon butter
1 teaspoon salt
1 teaspoon ginger
⅓ cup seedless raisins
little grated nutmeg
1 egg

Heat the milk in a double boiler. When boiling sift in the cornmeal slowly and let cook 10 minutes. Add other ingredients, pour into a buttered baking dish and bake 2½ hours in a very slow oven. This is very good served hot with a slice of plain vanilla ice cream.

Chocolate Cream Pudding

2 cups scalded milk
4 tablespoons cornstarch
¾ cup sugar
1 saltspoon salt
¼ cup cold milk
2 tablespoons cocoa powder or
2 squares Baker's chocolate
2 tablespoons hot water
whites of three eggs
1 teaspoon vanilla

Mix cornstarch, sugar and salt, dilute with cold milk and cook over boiling water for 10 minutes, stirring constantly until thickened. Melt cocoa or chocolate in hot water, let come to the boil, stir smooth and add the cooled mixture. Fold in the whites of the eggs beaten very stiff and add vanilla. Turn into a wet mold. When cold, unmold and serve with whipped cream.

Date Pudding

1 cup wheatless bread crumbs
1 cup chopped nuts
¾ cup white Karo syrup
1 package seeded dates
1 teaspoon baking powder
3 eggs beaten separately
½ teaspoon vanilla

Bake 1 hour slowly. Serve with whipped cream.

Liberty Pie

sponge cake
raspberry jam
whipped cream

Make a sponge cake after any of the potato flour recipes given and bake in a round flat pan. Put on a large round platter and cover ½ inch thick with raspberry jam. (If jam is too thin, add 1 teaspoon gelatine dissolved.) Spread smoothly and cover with whipped cream.

Sugarless Candy

2 cups seeded raisins
1 cup figs
blanched almonds
1 cup English walnuts
¼ lb. each candied lemon and orange peels
3 tablespoons honey or
½ glass apricot or orange marmalade

Put the lemon and orange peels and the figs through the meat grinder. Chop raisins, dates and nuts. Mix all together with enough of the honey or jam to bind. Line a large flat cake pan with walnut meats, press the fruit mixture in firmly with a palette knife, cover the top closely with blanched almonds and cut in squares like caramels. This keeps indefinitely and is a good sweetmeat to send to our soldiers either here or in France.

Apricot Jam without Sugar

1 pound apricots
1 cup honey
2 ounces blanched almonds

Let apricots soak over night with enough water to cover. Simmer slowly until water has cooked down and add honey. Cook to desired thickness, add the almonds and put into glasses.

ORGANIZATION

of the

FOOD BOARD *of* THE WOMAN'S COMMITTEE

of

THE DANE COUNTY COUNCIL *of* DEFENSE

Organized January, 1918

25 MEMBERS

Food Board Chairman

Chairman—Speakers on Food Conservation
Chairman—Hotels, restaurants
Chairman—War breads
Chairman—Use of flour and butter substitutes
Chairman—Window displays
Chairman—Newspaper publicity
Chairman—Other publicity (sale of war recipe manuals, distribution of bulletins, etc.)
Chairman—Volunteers (trained for food demonstrations)
Chairman—For investigation of amount of flour and sugar per person per week
Chairman—Conservation in schools
Chairman—Villages and townships
Chairman—Publicity and window displays in villages and townships
Chairman—On waste
Chairman—Food advisors (one member from every church)
Chairman—Ward organization
Subchairman—One member from each ward and suburb

Much of the work of the Food Board is directed through the food advisors and the ward organization.

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